







Sgt. D.R. Cotton vs. Sgt. Danny Woodall

VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to [HawaiiMarineEditor@gmail.com](mailto:HawaiiMarineEditor@gmail.com). If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, featured below. Suit up, ladies ... it’s game time.

Should Chad Johnson continue to play in the NFL?

**COTTON:** What is it with NFL wide receivers and not being able to be professional enough to continue their game? Terrell Owens and Randy Moss both got another consideration after having last season off, despite their known reputations to disrupt organizations. Chad Johnson, formerly known as Chad Ochocinco, appears to be out for this season with off-field legal trouble. I get it, you can catch a ball - great!, it still doesn’t translate into championships in their situation, as none of these future hall-of-famers has ever won a Super Bowl. I don’t know if we can even consider this a “skill” position in the NFL anymore. Either way, Johnson’s latest domestic dispute has him kicked off the Miami Dolphins and this one should be permanent.

**WOODALL:** Sure, Chad Johnson made a mistake (a criminal one) and the Miami Dolphins had every right to cut him. Despite his past, and probable NFL suspension coming with this most recent act, Johnson can still make a positive impact on an NFL

team this year. The fact is, every NFL receiver can “catch a ball,” but Johnson has a long career embarrassing defenses with his speed and athleticism. Even at 34 years old and a bit slower than he has been, Johnson can still be a very productive possession-type receiver if he’s in the right system. Teams in “rebuilding mode” can definitely make use of Johnson’s play-making ability and veteran experience.

**COTTON:** Johnson’s history of being an elite NFL wide receiver is a true statement, but we can’t forget about the infamous Ochocinco. With all his antics, fine after fine and funny as some of them were, he has crossed the line with domestic abuse. The NFL was very hefty in Michael Vic’s abuse of dogs, not calling Johnson’s wife a dog, but she deserves better. The patience has been lost with Johnson. With little doubt he should either hang it up on his own or the NFL shouldn’t give him a choice. He reportedly head-butted her after she got upset over finding a receipt for condoms and has reportedly said he would be pursuing a career

in pornography and his wife had no say. There just isn’t enough talent left in the tank to justify his existence in the NFL.

**WOODALL:** Speaking of Michael Vick, many people also asserted he didn’t have “enough talent left in the tank” after a stint in prison following his now infamous dog-fighting incident ... then he won the NFL’s Comeback Player of the Year as starting QB for the Eagles. Many great players have been involved in serious legal situations only to come back stronger than ever (Ray Lewis anyone?). For players like Vick, Owens, Moss and Johnson, off-field issues do not deter their drive. In fact, it strengthens their resolve. With the media and most NFL teams having lost faith in the veteran receiver, Johnson will come back with renewed form and purpose: to silence his critics and secure his legacy as one of the most prolific wideouts in NFL history.

**COTTON:** Firstly, Michael Vick has yet to contribute to his pre-incarceration levels and Ray Lewis allegedly stabbed

to death a man of similar stature (a quality coaches look for in a linebacker). Head-butting women isn’t going to help him catch anything but disciplinary action. Additionally, this signals a worsening of conduct by him where Moss and Owens have seemed to tone it down a bit as they have aged more like wine and less like Johnson’s vinegarish fashion. It is time for Johnson to hang it up and look forward to coaching - not receiving, but how to celebrate touchdowns.

**WOODALL:** I’m definitely not trying to downplay this incident. Johnson’s actions were reprehensible and he deserves to be punished through the legal system and through the NFL. Though he’s definitely lacking as a man, as a receiver he still has a lot of gas in his tank. He may be a controversial, loud and high-risk investment for any team, it’s still a worthy one. In light of recent events, Johnson’s price tag should be fairly low. With his size, ability and experience, Johnson is the best player available in free agency ... and at bargain price!



COTTON



WOODALL

SPOTLIGHT ON SPORTS

**Nuupia Ponds 5K Fun Run**

The Nuupia Ponds 5K Fun Run, part of the 101 Days of Summer program, is on Wednesday, August 29 at 7 a.m. across from Pollock Field. Cost is \$2 per person / \$20 for 20-Person formation. Register by visiting the Semper Fit Center or by emailing Neil. [Morgan@usmc-mccs.org](mailto:Morgan@usmc-mccs.org).  
For additional information, contact Health Promotions at 254-7636.

**High Intensity Tactical Training for Kids**

High Intensity Tactical Training for Kids Registration is now being taken for session running Aug. 21 through Sept. 6. HITT is a clinic for kids to increase speed, quickness and agility in conjunction with Youth Sports.  
Tuesday and Thursday classes are for kids 5 through 18 years (two groups).  
Cost is \$30 per child. Visit the Semper Fit Center to sign up, 254-7597.

**Cosmic Bowling at K-Bay Lanes**

The lights are off but bowlers can still strike it big as they play with the lane’s special cosmic lights and neon-colored bowling balls. The glow-in-the-dark games are Fridays from 9 p.m. to midnight, Saturdays from noon to midnight and Sundays from 11 a.m. to 8 p.m. For more information, call 254-7693.

**Sail around Coconut Island**

Take a K-Bay Cruise with the Base Marina! Come sailing with us, and we’ll do all the work. We cruise around Kaneohe Bay and Coconut Island on Thursdays from 1 to 4 p.m. Bring your own refreshments. There is a fee per person, five-person limit. Call the Base Marina at 254-7666 to reserve your spot today.

**Semper Fit Juniors Program**

The Semper Fit Center is now offering the Semper Fit Juniors Program. The program is open to 14–and 15–year–olds who, upon the completion of a Fitness Basics class, will receive a badge and will be granted independent access to the center from 2 to 5:30 p.m., Monday through Friday, and during regular operational hours on the weekends and holidays. Currently Semper Fit Center policy states that children ages 12 to 15 need to be accompanied by an adult. Children ages 16 to 18 have unrestricted access.  
Even with completion of the Fitness Basics class, youth must be accompanied by an adult outside of these designated hours. Independent access will be granted to all group exercise classes regardless of times (participant fees still apply). Participants must present their military identification and badge upon entering the facility following completion of the basics class. For more information call Semper Fit at 254-7597.

**101 Days of Summer Field Meet Results**

Volleyball:  
1st Wounded Warriors  
2nd MWSD-24  
3rd HQBN S-6

Horseshoes:  
1st MALS-24  
2nd MWSD-24  
3rd MALS-24

Tire Flip:  
1st MALS-24  
2nd MWSD-24  
3rd Wounded Warriors

Big Trike Race:  
1st 3rd Mar. Reg. HQ  
2nd MALS-24  
3rd MWSD-24

Tug O War:  
1st MALS-24  
2nd 3rd Mar. Reg. HQ  
3rd MCAS

Joust:  
More than 180 pounds category  
1st 3rd Mar. Reg. HQ - Lynch  
2nd Wounded Warriors - Gunnery Sgt. Collins  
3rd Mar. Reg. - Staff Sgt. Shinohara

Less than 180 pounds category  
1st MWSD-24 - Cpl. Tabares

2nd MWSD-24 - Sgt. Duran  
3rd Wounded Warriors - Gunnery Sgt. Tyrrell

Womens  
1st Wounded Warriors - Gunnery Sgt. Meyers  
2nd HQBN - Powell  
3rd MALS-24 - Petty Officer 2nd Class Martinez

100-yard dash:  
Mens  
1st - MCAS - Cpl. Cooper  
2nd - HQBN - Sgt. Canete  
3rd - MCAS - Lance Cpl. Cox

Womens  
1st - MALS-24 - Petty Officer 2nd Class Martinez  
2nd - MALS-24 - Seaman Rogers  
3rd - Wounded Warriors - Cpl. Bautista

**Aug. 20-29**  
Softball Tourney, 6 to 10 p.m.  
**Aug. 29**  
Nuupia Ponds Fun Run/Walk, 7 a.m.

For details or to sign up for any of the remaining events, call 254-7636 or visit <http://www.mccshawaii.com/101Days.shtml>.



# IPAC defeats MALS-24, takes first place in 101 Days of Summer Soccer Tournament

**Kristen Wong**  
*Photojournalist*

The 101 Days of Summer Soccer Tournament came to a close on Tuesday night as the undefeated Headquarters Battalion Installation Personnel Administration Center team and Marine Aviation Logistics Squadron 24 team battled for first place at Pop Warner Field.

This was not IPAC’s first rodeo. The members of the team had all played together in intramural soccer, and several also played in an off-base league. Alvaro Chavez, the team captain and coach of IPAC, said the team had lost the intramural tournament, and instead set their sights on winning 101 Days of Summer. He also said the team was very good at passing the ball to each other and had good communication and cohesion.

“We are not individuals in our team,” Chavez said. “We know that to win we need to all play together. Before the ball goes in the net at least three or four players helped build up the play, that’s just our style.”

The very team IPAC found to be a challenge this tournament was the very same they would be facing in the finals — MALS-24. Chavez said their last match was “very competitive.”

“The final will be as difficult as the previous game, if not harder,” Chavez said.

Juan Ticona, team captain of MALS-24 shared the same sentiment with Chavez. He also said that not only were individuals on his team valuable players in their own right, IPAC was the team to contend with.

“Their players have really good chemistry,” Ticona said. “Their passes are really, really good ... I think they have a pretty good goalie.”



Kristen Wong | Hawaii Marine

**Marine Aviation Logistics Squadron 24 player Miguel Sandoval and Headquarters Battalion Installation Personnel Administration Center player Ricardo Gomez chase the ball down during the 101 Days of Summer Soccer Tournament championship game, Tuesday.**

The sun was still setting during the first game, as MALS-24 and IPAC began their battle. The sound of strong kicks was quickly dominated by the immediate thud of a strong block. By the end of the first half, neither team had scored.

The first game of the evening was to be the championship game, although if MALS-24 were to defeat IPAC, an “if” game would be played shortly after to decide the winner. MALS-24 kept IPAC on its toes, defeating them 2-1, and forcing another game. “They gave us a run for our money,” Chavez said.

After a short break, the teams competed again, resulting in IPAC’s victory, 6-3, making them the first place winners of the tournament.

MALS-24 and IPAC were both tied 1-1, until MALS-24 player Miguel Sandoval made a throw-in pass from the sidelines to MALS-24 player Armando Martinez, who head-butted the ball into the goal, bringing the

score to 2-1 and ending the game.

“IPAC displayed a well-played game during the full 50 minutes of the first and second match, even though both of our teams were exhausted from the first match,” Ticona said. They managed to catch up to our lead of 3-1 at the second half of the second match, leading to the penalty shootout which ultimately gave them the chance they needed to win the game. Overall it was a great match and I’m certain MALS-24’s Warriors will meet them again at the finals of next year’s tournament.”

During the second game, MALS-24 and IPAC were again tied at 3-3, and were given five penalty kicks each. IPAC scored three more points, resulting in a final score of 6-3.

“It was a very good game,” said Chavez said. “Much more than we expected. I’m really proud of my team for playing 110 percent.”

## Kids tear up Marine Corps Base Hawaii at Keiki Tradewind Triathlon

*(Right)*, A young competitor bounds from the water after completing a 100-meter swim during the Keiki Tradewind Triathlon on Marine Corps Base Hawaii, Saturday. The children’s race was one of 10 races in the 2012 Commanding Officer’s Fitness Series. Starting at Hangar 101, the first group of children, ages 7-10, began with a 100-meter swim, followed by a 3-mile bike ride and finished with a 0.8-mile run. The second group of children, ages 11-14, completed a 200-meter swim, 6-mile bike ride and 1.2-mile run. The race was a precursor to the adults’ Tradewind Triathlon held the following day.

*(Below)*, Young competitors race past a row of helicopters during the 3-mile bike ride portion of the Keiki Tradewind Triathlon on Marine Corps Base Hawaii, Saturday. The children’s race was one of 10 races in the 2012 Commanding Officer’s Fitness Series.



Photos by Cpl. Reece Lodder | Hawaii Marine





# What is the ‘Deadly Quartet’?

**TriWest Healthcare Alliance**

You may have heard of musical quartets, some of them famous singing groups (Beatles, anyone?). But did you know one particular quartet can be harmful to your health?

It’s known as the “four chronic conditions”— or the “Deadly Quartet.” And when this group of health issues comes together, the last thing you’ll hear is music.

**High Blood Pressure**

The first member of the Deadly Quartet is high blood pressure, also known as hypertension. If left untreated, high blood pressure can cause a stroke or heart disease. Strokes may lead to many other problems, including being paralyzed. And heart disease is the number one killer of men and women in the U.S. High blood pressure often has no symptoms and should be checked yearly at your routine doctor visits.

**High Cholesterol**

The second member is high cholesterol. This condition, which may not trigger symptoms right

away, increases “plaque” buildup in your arteries, especially in the heart. This buildup can cause a heart attack; it’s also a major risk factor for heart disease. You can learn what your cholesterol numbers are through a simple blood test.

**Obesity**

Next up is obesity. This bad boy will sneak up on you, tricking your mind into thinking your clothes are shrinking. However, a combination of unhealthy eating habits and lack of exercise are usually the real causes. Obesity will strain your heart, joints and bones, and can cause other diseases common in adults, such as diabetes.

Obesity has become very widespread in children, too. According to the Centers for Disease Control and Prevention, obesity now affects 17 percent of all U.S. kids and teenagers. In addition, childhood obesity often carries into adulthood, causing high blood pressure, arthritis, sleep apnea and low self-esteem, among other problems.

**Diabetes**

The last member in the Deadly Quartet is diabetes

– a major result of obesity. Diabetes is a disorder that causes your body to produce an inadequate amount of insulin. It can affect your heart and blood vessels, causing a decrease in blood flow and eventually the loss of a lower extremity ... even your eyesight.

**Avoid the Deadly Quartet**

Here’s the good news: some simple lifestyle changes could help prevent—and even reverse—any of these conditions. Here are some changes to consider:

- Eating more fruits and vegetables
- Consuming smaller portions (a single serving of meat is about the size of your palm, for example)
- Eating more lean meats, such as chicken and fish
- Increasing regular physical activity (even just 30 minutes of walking a day, about four or five days per week, can make a huge difference)

For more tips on living a healthy life, visit [TriWest.com/HealthyLiving](http://TriWest.com/HealthyLiving).

## ENERGY CORNER

### Today’s fluorescent lighting


The old-timers on base (all but the newest recruits) grew up with very different fluorescent lighting than we have now. One significant improvement consists in the elimination of the hum and flicker. Early versions of fluorescent lighting used magnetic ballasts that produced light in the same 60 cycle per second pattern as the building’s electricity. Today’s solid state electronic ballasts operate at 24,000 cycles per second and higher, eliminating the flicker that was once noticeable to many people. The electronic ballasts are not prone to vibrating, which has silenced the audible hum of lights past.

In addition, colors are more accurate under the newer lights. The color rendering index expresses how accurate colors look under a light source. The scale goes from 0 to 100, and higher values are better. Old style fluorescents had a CRI of 50 to 60, making colors look dull and complexions look gray. Today’s fluorescents often have CRIs in the 90s.

Another important difference between the old generation and new generation fluorescent light bulbs is that the new bulbs use less electricity. Efficiency is considerably higher! Today’s fluorescents produce the same light level for 30 to 40 percent less energy than those that were common just 15 years ago.

Did you notice the improvements? Here at K-Bay, most of the lighting fixtures are now equipped with low-wattage T8 fluorescent bulbs and high-performance electronic ballasts. The old incandescent bulbs were replaced with screw-in or plug-in compact fluorescent lamps. If you do notice incandescent bulbs that are still in use, please notify K-Bay’s Energy Team at 257-1668 or 257-6720.

SOURCE: Navy/Marine Corps Energy Efficiency Program 2012 – Energy Management Toolkit – Articles for Publication







BASE/COMMUNITY EVENTS

Volunteers needed for Kaneohe Bay Air Show

Volunteers are needed for the Kaneohe Bay Air Show featuring the Blue Angels on Sept. 29 and 30 to work onsite. Volunteer food service workers will be serving food and/or beverages. In order to serve alcoholic beverages, volunteers must be at least 21 years old. Food workers should be at least 18 years old. ID checkpoint volunteers, 21 years or older will be enforcing drinking policies. Marketing volunteers are needed to assist with information booths, corporate chalets and commercial sponsors. Retail merchandising volunteer duties include stocking retail merchandise and helping customers. Ushers direct patrons to their reserved seats. Scrip sale volunteer duties include selling scrip. Prefer experience with cash handling, but not a necessity. Volunteer front entrance/ticket taking/ticket scanners welcome patrons to the event. Volunteers may also be wrist-banding and taking tickets. Ticket takers will work in the preferred seating area. Ticket scanners track and scan tickets to preferred seating areas. Must be at least 16 years old to work in this area. Call 254-7638 to volunteer. For details, visit <http://www.kaneohebairshow.com>.

MCBH Cub Scout Pack 225 sign ups

The MCB Hawaii Cub Scout pack is signing up new scouts for the 2012-2013 scouting year. First through 5th grade boys enjoy a fun packed year round program that conducts several community service projects, camping trips, and outings to develop character and leadership. Registration is Aug. 25 at 11 a.m. at Riseley Field in addition to a water fun day. For details, contact Tony Bieren 910-934-3078 or Angela Brown 240-593-5614 or email [swandeer99@yahoo.com](mailto:swandeer99@yahoo.com).

Special showing of “The Hunger Games”

Youth Activities will be screening a special showing of the movie “The Hunger Games” on Friday, Aug. 24 at 5 p.m. at the Youth Activities Center. This movie will only be shown to current CYTP member teens ages 13 years and older that have completed and returned the signed parent permission form. No teens under age 13 may attend. Permission forms are due by Friday, Aug. 24. There is no cost for this event. Contact Youth Activities at 257-2030 for further information.

Concert tickets on sale at Information, Tickets and Tours

There are several upcoming performances in Honolulu for which service members can purchase tickets for through Information, Tickets and Tours. A few of the concerts include performances by Gym Class Heroes on Aug. 24, doors opening at 6:30 p.m. The “Solid Love Tour” featuring Beres Hammond is scheduled at Aloha Tower on Sept. 1 at 7:30 p.m. Chevelle is also performing in Honolulu on Sept. 15. Doors open at 8 p.m. For details, call 254-7563.

Mission Houses Museum seeks volunteers

The Mission Houses Musuem is seeking volunteers in various positions. Among many other opportunities, the museum is looking for accounting/administrative assistant volunteers, curatorial/collections volunteers, data base assistants, IT/marketing assistants and volunteers with basic carpentry skills to help build exhibits and aid in maintenance of the museum. Jobs include building exhibit furniture, repairing gates, painting, and more. For details, contact Marcia Timboy at 447-3918 or email [mtimboy@missionhouses.org](mailto:mtimboy@missionhouses.org).

USO Hawaii seeks volunteers

USO Hawaii has the honor to be part of the team for the Medal of Honor Convention 2012. We invite you to share the ohana spirit with our nation’s greatest heroes. The convention will be held in Honolulu from Oct. 1 – 6. There are many volunteer opportunities from Sept. 28 – Oct. 10. If you would like to volunteer visit <http://medalofhonorconvention2012.com/volunteerform/> to obtain a volunteer application form. For details, email [BTroegner@uso.org](mailto:BTroegner@uso.org).

MOKAPU BRIEFS

Mokapu fundraiser

Every Tuesday through October there will be a fundraiser at Dairy Queen at Mokapu Mall from 2 to 5 p.m. Send your receipt in an envelope to “Mokapu PTA” with your child.

Mokapu gear sale

Mokapu Logo gear available for sale. Cash or Checks should be made payable to Mokapu PTA. Order forms and samples are available to view in room P-6. For details email [PTAMokapu@gmail.com](mailto:PTAMokapu@gmail.com) Limited Supply of Smencils and Smen sets still available as well.

National PTA Reflections Program

“The Magic Of A Moment” kicks off in September! Visit <http://www.ptareflections.org/> for more info. Send questions to [PTAMokapu@gmail.com](mailto:PTAMokapu@gmail.com). Art donations are also requested for the silent auction. Please Contact [PTAMokapu@gmail.com](mailto:PTAMokapu@gmail.com) if you would like to submit a donation.

Thrift shop bag sale

A bag sale at Marine Thrift Shop Kaneohe Bay is scheduled for Sept. 1 from 9 a.m. to 2 p.m. Donations should be submitted the Thursday and Friday before to the Thrift Shop.

**Box Tops for Education** submissions are due on Sept. 7.

MARINE MAKEPONO

**Apartment for rent.** Two-bedroom 985-square-foot apartment available in Kailua. Ocean and mountain views. One and a half bathrooms, shower connects bathrooms. Secured building with pool. \$2,000 per month. No smokers. Basic cable and water included. Call 392-0709.

**New shoes for sale.** Two pairs of Kenneth Cole Reaction Women’s Hip Pop Sandal. Open-toe and ankle strap wedge heel. Never worn, available in black or brown in size 8.5 M. Retails for \$55 or more, obo. Call 257-8837.

**Coffee table for sale.** Made of solid oak, natural wood finish. Lightweight but very sturdy. Excellent condition. Call 520-204-0144.

**Car for sale.** Selling 2003 Black Infiniti G35. Handles well, includes 15-inch sub with two amps, custom rims. Will trade for a truck. \$10,500. Call or text, 251-422-0295.

**Apple accessories for sale.** iPad dual photo connector docks, USB & SD. Apple Store product MC531ZM/A. Brand new, still in box. \$20. Call 520-204-0144.

**Mountain bikes for sale.** One is red, one is blue. Used, but in good condition. Shimano Pro equipped breakpoint aluminum series. Asking \$70 for both or \$35 for one. Contact Alison at 377-0711 for more details or arrange to look at them.

*If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form available at the Marine Corps Base Hawaii Public Affairs Office in Building 216, Room 19. Please have your Military ID and a short write-up of what you'd like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.*